

FAST FACTS: One Minute Pain Assessment

Did you know that, in about one minute, you can gather information from your loved one who may be experiencing pain to share with their provider?

Pain control is best achieved through good assessment and you can provide key information to your loved one's provider. The following assessment may be completed in about 1 minute and quickly identifies older adults who **may** be experiencing pain regardless of mental or verbal ability.

What Can A Family Caregiver Do?

✓ Ask 3 Pain Questions

- Do you have any aches or pains today?
- Can you tell me about your pain, aches, soreness or discomfort?
- Would you say your pain was mild, moderate or severe?

✓ Watch for and Report Any of the Following:

- **Facial Expressions--**
 - Scowling or Frowning
 - Clenched Teeth
- **Verbal Expressions--**
 - Moaning
 - Crying
 - Yelling
 - Screaming
 - Swearing
 - Unusually quiet



- **Body Posturing**

- Unwilling to help or acting as if body parts hurt during activities such as dressing, bathing, etc.
- Stiff, rigid or strange body positions when moving
- Legs/ arms drawn up in fetal type position

Use a [Pain Diary](#) to note important useful pain information useful. Gathering this information daily can help recognize when pain changes for better or worse.

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